

## Aging & Disability Resource Center of Waukesha County

514 Riverview Ave  
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

[www.waukeshacounty.gov/adrc](http://www.waukeshacounty.gov/adrc)

After hours call  
IMPACT 2-1-1  
211, or toll free  
1-866-211-3380

### National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

### Veteran's Services

262-548-7732

### Moraine Lakes Consortium

888-446-1239

### Alzheimer's Association

800-272-3900  
(24/7 Helpline)

[www.alz.org/sewi](http://www.alz.org/sewi)

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# The ADRC Connection



May 2017



AGE OUT LOUD: MAY 2017

May is the time of year when we celebrate flowers, sun, warm weather and thoughts of summer. For those of us in aging services we also celebrate May as "Older Americans Month".

Since 1963, Older Americans Month has been a time to celebrate older Americans, their stories, and their contributions. Led by the Administration for Community Living (ACL), the annual observance offers a special opportunity to learn about, support, and recognize our nation's older citizens. This year's theme, "**Age Out Loud**," emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

The 2017 theme gives us an opportunity to shine a light on many important issues and trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They are taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. They expect to continue to live their lives to the fullest, and insist on changes that make that possible. What it means to age has changed, and Older American's Month 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today.

Getting older does not mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best. Older adults in our community are redefining aging—through work or family interests, by taking charge of their health and staying independent for as long as possible, and through their community and advocacy efforts. This is an opportunity to learn how we can best support and learn from our community's older members.

Waukesha County has one of the fastest growing senior populations. There are over 68,000 people over the age of 65 residing in Waukesha County, and that number is expected to increase to over 111,000 people by 2030. This means that 25% of the population of Waukesha County will be over the age of 65 by the year 2030. Waukesha County is a resource rich community and we are fortunate to have an array of services, agencies and community partners who provide a plethora of activities for seniors to "Age out Loud". As the ADRC plans for the needs of our growing population, we are evaluating our services and programs to support the new generation of the older adult.

We encourage you to get involved in your community and "Age Out Loud!"

Mary C. Smith, Manager

Aging & Disability Resource Center of Waukesha County

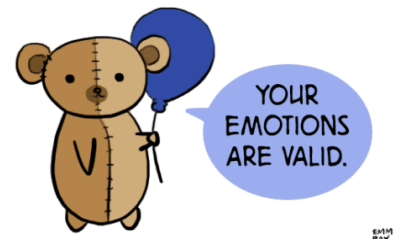
# Older Adults and Mental Health

If you have a mental health condition, you are not alone. One in five American adults experience some form of mental illness. Many people do not seek treatment or are unaware that their symptoms could be connected to a mental health condition. It is important for an older adult with symptoms of depression for example, to seek treatment. Treatment options could include medication, psychotherapy or “talk therapy,” or less common: brain stimulation therapy (electroconvulsive therapy). Choosing the right treatment plan should be based on a person’s individual needs and medical situation under your doctor’s care.

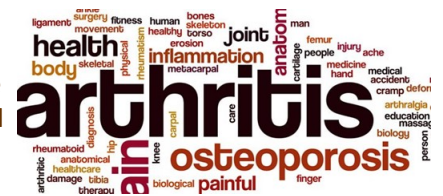
People over the age of 65 might have to be careful when taking medications, especially when taking medications for other conditions. Older adults have a higher risk for experiencing drug interactions and are prone to being more sensitive to medications in general. Keep in mind that older adults react differently to medications because older people's bodies process and eliminate medications more slowly. Before starting a medication, talk carefully with your doctor about whether starting a medication like an antidepressant, could affect your alertness, memory or coordination and increase your risk for a fall. The ADRC offers fall-prevention programs, including "A Matter of Balance" and "Stepping On." See the next page regarding our evidence based programs for more details.

Sometimes memory problems affect people who take medications for mental health disorders, and an older adult may forget to take their medication or take too much or not enough. A good way to keep track of your medication is to use a seven day pill dispenser, this way you can be assured to take your medication as prescribed.

The impact of depression on the health of older adults can be severe. It is suggested that people who have conditions like heart disease, diabetes or a stroke for example, have a higher incident rate of depression. Likewise, depression can complicate the treatment of these conditions making it more difficult for someone to care for his/herself and to seek treatment when needed. In older adults, depression can be viewed as an inevitable result of life changes, chronic illness and disability. Recognizing the signs and seeking a mental health specialist/physician is the first step to getting treatment, which can make a huge difference in someone's quality of life.



**A**rthritis is not a single disease: it can refer to over 100 medical conditions, called rheumatic diseases. Osteoarthritis (effects of common “wear and tear” in daily activity) is the most common form of arthritis among seniors, affecting over 27 million Americans. Half of all people over 65 are affected in some way by arthritis. **National Arthritis Awareness Month** in May makes it a great time to find out more about the disease and management so you or your loved one can live a healthy, active, and independent lifestyle.



People with arthritis may complain of tenderness when pressure is applied to a joint, typically in the hands, fingers, arms, hips, knees, or legs. Pain may develop slowly and worsen over time. Symptoms are usually worse in the morning and stiffness can last for 30 minutes after waking up. Discomfort and fatigue are common factors of managing arthritis pain.

Arthritis *does not* mean you have to give up an active lifestyle. In fact, staying in motion can relieve inflammation. Many doctors and rheumatologists point to the benefits of exercise for alleviating stiffness, improving joint mobility and flexibility, reducing fatigue, and strengthening bones. Exercise can also help give you more energy throughout the day, aid in a restful sleep, and help with weight control. Losing weight can also help lessen pain by reducing the stress placed on the joints. An “anti-inflammatory diet” filled with vitamin-packed foods, including fish, nuts, legumes, fruits, leafy greens, and vegetables can aid in weight control, heart health, and contribute to bone strength. Your doctor can provide guidance on how to safely incorporate exercise and diet into your current treatment plan.

There are a variety of pharmaceutical treatments available to manage arthritis pain, both prescription and over-the-counter. Heating pads or icing may also help relieve arthritis pain. Always consult your doctor before beginning medication.

Devices such as splints, braces, and shoe inserts may provide support to weakened joints, while the use of a cane or walker can help you perform daily tasks and get around more easily. Assistive technology is available for people with arthritis to help with everyday activities - including dressing aids, automatic kitchen tools, and enhanced doorknobs. Come check out some of the available items on display in the ADRC library to try before you buy!

By taking action to reduce arthritis symptoms, one can find easy ways to maintain their personal freedom and live a healthy, active lifestyle.





# Evidence Based Health Promotion Programs

The primary goals of the Evidence-Based Education Programs are to empower adult persons to adopt healthy behaviors, improve their health status and reduce complications of illness or injury. Evidence-based prevention programs are different from other health education programs because they are based on scientific research and are proven to have positive outcomes for safe healthy aging. All workshops are led by trained leaders to insure program guidelines and lesson plans are followed. All of the programs offered through the ADRC of Waukesha County meet the highest level criteria as determined by the National Council on Aging.

## A Matter of Balance: managing concerns about falls

Falling is not a natural part of aging and can be avoided by assessing your risk factors and making changes to your environment. *A Matter of Balance* acknowledges the risk of falling but emphasizes practical coping strategies to reduce this concern so senior adults can remain active and independent. The program consists of eight two-hour sessions led by trained facilitators. Participants learn to view falls and their fear of falling as controllable. They set realistic goals for increasing activity, find ways to change their environment to reduce fall risk factors. Participants change “Stinkin’ Thinkin’” into a “Can-Do Attitude” by learning simple exercises to increase strength and balance.

## Other Workshops

New and seasonal workshops are added throughout the year. We encourage you check our website at <http://www.waukeshacounty.gov/ADRCWorkshops>

Or call the Community Health Education Coordinator, Lee, at (262) 548-7848.

## Memory Screenings

Library	Address	Date	Time
Alice Baker Memorial Library	820 E Main Street Eagle	5/15/2017	9:30am-12:30pm
Town Hall Public Library	N76W31429 Hwy V V North Lake	5/15/2017	11:00m-3:00pm
Menomonee Falls Public Library	W156, W156 N8436 Pilgrim Rd Menomonee Falls	5/22/2017	10:00am-3:00pm
Oconomowoc Public Library	200 W South Street Oconomowoc	6/5/2017	11:00am-3:30pm
Elm Grove Public Library	13600 Juneau Boulevard Elm Grove	6/14/2017	10:00am-3:00pm
Sussex Public Library	N64W23820 Main Street	6/21/2017	10:00am-2:00pm

**\*\* To make an appointment, contact Ronda Bauer at the ADRC 262-548-7848**





# The Joy of Caregiving

## An uplifting series for family caregivers

The Aging and Disability Resource Center (ADRC) of Waukesha County, in partnership with the Caregiver Coalition of Waukesha County, presents a **FREE** speakers' series for caregivers. Sessions will be held at different locations throughout the county.

Each session will take place from 9:30am – 11:30am.

**Pre-registration is highly encouraged** as seating may be limited.

With advance notice, off-site respite care may also be available for your loved one. Please mention the need for respite care at the time of registration. Please register no later than one week prior to each event to reserve a seat. **To register to attend and to request respite, please contact the ADRC 262-548-7848.**



On Tuesday, April 4th, 2017, Sr. Marianne Muscott from the St. Ann Center for Intergenerational Care presented "Time to Reflect on the Joy, Gift, and Challenge of Caregiving" at Three Pillars Senior Community. Sr. Marianne helped us to explore how we can handle the daily challenges that come from caregiving. We shared ideas of how to take care of ourselves (journals, build a "caregiver jacket", think of what gives us joy, and give ourselves permission to feel things such as anger and fear). She said, "It is not what happens to us, but how we handle it that is important". Caregivers were encouraged to have a plan. She left us with this message, "be grateful for everything and always!"

This session intended for caregivers only



Tuesday, May 2nd, 2017 at Dickson Hollow Senior Living,  
W156N4881 Pilgrim Road, Menomonee Falls, WI 53051

**Beth Boeck** from The Healing Space on Main in Menomonee Falls presents "Laughter Yoga", helping you to increase your energy and overall well-being, while decreasing depression and stress.

This session intended for caregivers and their care recipients



**SPARK!**

CULTURAL PROGRAMMING  
for PEOPLE WITH MEMORY LOSS

Tuesday, June 6th, 2017 at Elmbrook Church,  
777 S. Barker Road, Brookfield, WI 53045

**Dawn Kocaja**, Accessibility Coordinator from the Milwaukee Public Museum presents Creative Engagement - Ways to stimulate conversations through creative activities.

The ADRC of Waukesha County extends its gratitude to our Caregiver Coalition community partners for helping to make this series possible!



Dickson Hollow



Spring is in the air and so is our need to CLEAN! What are some cleaning tips you use for spring cleaning? We asked some of our staff here at the ADRC for their thoughts! Feel free to use these ideas for yourself.

### What are some tips/tricks/hacks that you use when cleaning your home?

"I start with a small section first, such as a junk drawer, cabinet, or kitchen counter. Then I move on to another small task. I may not be able to complete the entire house all at once, but I am able to accomplish some areas of the home that need cleaning."

"When I need to declutter my home, I donate our gently used items to a good cause, such as a refugee resettlement organization, the Hope Center in Waukesha, or a similar organization. That way, I know the things I don't need or use anymore will go towards a good cause."



"I try to discard items when I have purchased new items that are similar to something I already have."

"I start with one room and don't move onto another room until that one is finished. I make 3 piles of items: 1) Garbage 2) Keep 3) Donate "

"I start in one room and pick up something that does not belong there, for example, if the scissors are in the dining room, I take them back to the kitchen, where they belong. Then I find something in the kitchen that does not belong there and take it to its' proper place and so on!"

"I use old dryer sheets as a dust cloth. Works great!"

### What helps you stay on task?

"When I start small, I feel like I can accomplish the task, so I am able to complete it quickly. That motivates me to keep going."

"Music helps me keep moving and stay on task"

"I find that fresh, crisp air helps me stay on task. I throw open wide all the windows and doors on a beautiful day and get moving!"

"Reward yourself after you accomplish a cleaning task! Take a bubble bath, treat yourself to a meal, or buy that book you've been wanting to read."



### Any suggestions for people with chronic pain or physical disabilities?

"Start small and ask for help. If someone stops to visit, ask them to carry a box or bag to the car when they leave. It is ok to ask for help."

"I've found that having less stuff can reduce a stressful living environment, because there is less to keep up with."

"I use a swivel, rolling chair and sit while I clean, fold, organize or dust."

"My husband has health issues and I have back problems. We take frequent breaks and I help with things that does not involve bending or lifting. He cleans the bathrooms once a week. He vacuums the dining room and washes the floors. I help dust. It might take us all day but we sit down and take rests."

"The key is to take a task at a time over a period of a few days. Take frequent breaks and know you may not get it done in one day or two."

"Try to adapt your cleaning to your abilities. If you have back pain and have to dust, try to not bend as much by doing things like sitting in a chair or using equipment reaches for you, like a Swiffer."

"The entire house does not need to be cleaned in one day. Break up the chores so the work can be done over several days or weeks."

"Purchase a 'Reacher/Grabber.' They have them at the Dollar store!"



# Home Food Safety **MYTHBUSTERS**

**Myth:** “Leftovers are safe to eat until they smell bad.”

**Fact:** Most people would not choose to eat spoiled, smelly food.

However, if they did, they would not necessarily get sick. This is because there are different types of bacteria, some of which cause illness in people and others that don't. The types of bacteria that do cause illness usually do not affect the taste, smell, or appearance of food.

**Tip:** Freeze or toss refrigerated leftovers within 3-4 days. If you are unsure of how long your leftovers have been sitting in the refrigerator, don't take the risk. When in doubt, throw it out!



**Myth:** “If I microwave food, the microwaves kill the bacteria, so the food is safe.”

**Fact:** Microwaves don't kill bacteria—**heat** kills bacteria. Microwave ovens kill bacteria in foods when the food is heated to a safe temperature. However, foods that vary in shape or thickness may cook unevenly. Even microwave ovens equipped with a turntable can cook unevenly and leave cold spots in food, where harmful bacteria can survive. Some bacteria can produce toxins in food that cannot be destroyed in a microwave.

**Tip:** Reheat leftovers until steaming hot. If your leftovers are past their prime and possibly unsafe, a microwave will not make them safe to eat. If using a microwave to cook, follow package instructions and rotate/stir foods if the instructions call for it. Check the food's temperature with a food thermometer in several spots.



**Myth:** “I don't need to wash my produce if I am going to peel it.”

**Fact:** Harmful bacteria could be on the outside of the produce. If you peel or cut it without first washing it, the bacteria could be transferred to the part you eat.

**Tip:** Wash fresh fruits and vegetables under running tap water just before eating, cutting, or cooking. Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean produce brush.

*Adapted from the Partnership for Food Safety Education, [www.fightbac.org](http://www.fightbac.org)*



FoodWise is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. SNAP/FoodShare helps families buy the food they need for good health. Visit [access.wi.gov](http://access.wi.gov) to learn how to apply. For more about FoodShare in Waukesha County, families with minor children can call 262/695-7971 or if you are elderly or disabled, call 262/548-7708. An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and the Americans with Disabilities Act (ADA) requirements.

**FOOD WISE**  
Healthy choices, healthy lives.

**UW Extension**  
Waukesha County

515 W. Moreland Blvd., Administration Center Rm G22  
Waukesha WI 53188

Phone: 262-548-7877 Fax: 262-548-7787

Para más información en español comuníquese con: 262-548-7882  
[www.waukeshacounty.gov/uwex](http://www.waukeshacounty.gov/uwex)

## The ABC's of why people call 800.272.3900

**H**– healthcare power of attorney, holidays, hospice  
**I**– in-home care, incontinence, increased confusion  
**J**– juggling responsibilities, just to talk  
**K**– know the ten signs  
**L**– legal & financial information, lewy body dementia  
**M**– medic alert, medications, mild cognitive impairment  
**N**– nutrition issues, nursing homes  
**O**– overwhelmed, ombudsman  
**P**– personal care, pain, planning ahead, progression  
**Q**– quality of facilities, quality of care



**What is the Longest Day?** For caregivers and people who suffer from the disease, every day can feel like the longest day. The Longest Day is a day to do what you love to honor those who are affected by Alzheimer's disease. It's a DIY style fundraiser in which teams and individuals can create an event that fits with their lifestyle, schedule, and interests while raising funds and awareness for the Alzheimer's Association.

**When is the Longest Day?** The Longest Day officially takes place on the summer solstice, the longest day of the year. Summer solstice falls on June 21, 2017 – *but teams and individuals are encouraged to hold their Longest Day events whenever it works best for them.*

**What does it cost?** Team captains, individual participants, and event hosts will make a minimum donation that will count toward their fundraising goal and will receive a kit and t-shirt for \$20. Team members will not have to pay a fee or make a required donation. Team members are able to purchase t-shirts for \$5 and dri-fit t-shirts for \$10 at the time of registration.

### How do I get started?

- Select an activity you love
- Pick a way to participate
- Raise funds
- Plan your day
- Participate and celebrate

Register online at [www.thelongestday.alz.org](http://www.thelongestday.alz.org) or contact the Alzheimer's Association at 800.272.3900 for more information.

alzheimer's  association®  
trialmatch®

POWERED BY 

## We need your help to advance Alzheimer's research

Alzheimer's Association TrialMatch is a free, easy-to-use clinical studies matching service that connects individuals with Alzheimer's disease, caregivers, healthy volunteers and physicians with current studies. Our continuously updated database of 130+ Alzheimer's clinical trials includes both pharmacological (drug) and non-pharmacological (non-drug) studies being conducted at 500 trial sites across the country.

For more information contact the Alzheimer's Association at 800.272.3900 or [alz.org/trialmatch](http://alz.org/trialmatch)



# What's happening at your local library?

The Waukesha County public libraries offer a wide variety of programs and activities. Most are free and open to all, even if you don't have a library card or you live in a different town. If you *do* have a library card, you can use it at any library in Waukesha or Jefferson counties! If you have any questions, please contact Jill Fuller at 262-896-8085 or [jfuller@bridgeslibrarysystem.org](mailto:jfuller@bridgeslibrarysystem.org).



## Brookfield Public Library

**Brookfield City Hall  
2000 N. Calhoun Rd  
Brookfield, WI 53005  
(262) 782-9650**

*You Know You're a Milwaukeean  
When...  
Thursday, May 25 at  
7:00 pm*

## Delafield Public Library

**500 Genesee St.  
Delafield, WI 53018  
(262) 646-6230**

*Grandma & Me for Tea  
Wednesday, May 24  
at 2:00 - 4:00  
Registration is required*

## Elm Grove Public Library

**13600 Juneau Blvd  
Elm Grove WI 53122  
(262) 782-6700**

*Cookbook Exchange with Crumby  
Art Bakehouse & Cakery  
Thursday, May 18 at  
7:00 P.M.*

## Mukwonago Community Library

**511 Division St Mukwonago, WI  
53149  
(262) 363-6411**

*Exercise Your Imagination: Creative  
Workshop for Those 60+  
Wednesday, May 31  
at 2:00-3:30 p.m.*

## Muskego Public Library

**S73W16663 Janesville  
Muskego, WI 53150  
(262) 971-2100**

*Victorian Life in the Spring Era  
of Waukesha  
Wednesday, May 17  
at 7:00-8:00 p.m.*

## New Berlin Public Library

**15105 W. Library Lane New Berlin,  
WI 53151  
(262) 785-4980**

*Memory Café: Travel Bingo  
Tuesday, May 16  
at 2:00-3:30 p.m.*

## Pewaukee Public Library

**210 Main St  
Pewaukee, WI 53072  
(262) 691-5670**

*Floral Design Demonstration  
Thursday, May 25  
at 6:00-7:00 p.m.  
Registration is required*

## Sussex's Pauline Haass Public Library

**N64 W23820 Main St  
Sussex, WI 53089  
262-246-5180**

*Real Life Stories of  
Laura Ingalls Wilder  
Thursday, May 18  
At 6:00-7:00 p.m.  
Registration is required.*

## Waukesha Public Library

**321 W Wisconsin Ave  
Waukesha, WI 53186  
(262) 524-3680**

*Author Visit: Michael Kula  
Wednesday, May 24  
at 6:30-8:30 p.m.*

## Part-time Paid Opportunities for Older Workers

Are you age 55 or older, with a limited income, or unemployed looking for work? Wisconsin Senior Employment (WISE) may have the right opportunity for you. Upgrade your skills while helping your community. Clerical, Customer Service, and Custodian openings in Waukesha County.

Call for details: 920-469-8858 or email: [darice.hannon@gwaar.org](mailto:darice.hannon@gwaar.org) SCSEP guidelines apply.

The 2017 ADRC Open House will be held on July 26th from 1-4pm (in honor of the 26<sup>th</sup> Anniversary of the Americans with Disabilities Act) and will focus on our services and community resources for those with disabilities.

**S T  
Save the Date D**





# FLOWER POWER



As we welcome the mild breezes and sunshine of Spring, it is also that time of year to enjoy weddings, proms, Mother's Day and gardens...all celebrated with a rainbow of different flowers. In Victorian times, people used the gift of flowers more often than words to communicate their feelings. As a result, certain flowers came to have special meanings. So, as you choose your special flowers for gift or garden, here is a list of some of the most popular ones and their meanings:

12 Peony (Healing)	6 Daffodil (Chivalry)	13 Lilac (First Love)
15 Lavender (Distrust)	2 Baby's Breath (Festivity)	1 Apple Blossom (Promise)
7 Daisy (Innocence)	5 Crocus (Foresight)	9 Marigold (Desire for Riches)
3 Begonia (Deep Thoughts)	8 Freesia (Spirited)	10 Orchid (Delicate Beauty)
4 Pink Carnation (Gratitude)	14 Geranium (Comfort)	11 Pansy (Loving Thoughts)

The colors of two of the most popular flowers, tulips and roses also convey emotion. Pink tulips represent caring and a yellow tulip means the bearer is hopelessly in love. Red roses express passionate love, while white roses convey purity.

Whichever fragrant choice speaks to your heart in the garden or florist shop, beautiful flowers bring important lessons for living life to the fullest...

*Live Colorfully, Dare to Be Different , Soak Up The Sun, Grow Roots, Open Up,*

*Live Beautifully, Pollinate, Grow new Buds , Be Grateful For Rain*

**HAPPY SPRING !!!!**

From: <http://.aboutflowers.com/live-like-a-flower.html>

## Ask Ina

Dear Ina,

What is Silver Sneakers™? Do Medicare Supplements or Advantage Plans have Silver Sneakers programs in Waukesha Co. and how do I sign up for it?

Sincerely,  
Ivana B. Well

Dear Ivana,

SilverSneakers™ is a program encouraging Medicare beneficiaries to participate in physical activities that will help them to maintain greater control of their health. It sponsors activities and social events designed to keep adults healthy while encouraging social interaction. The program is available around the country, and membership provides access to any participating gym location and include all basic level access amenities.

SilverSneakers™ is considered a basic fitness service. Although original Medicare, Part A and Part B, does not cover this benefit, Medicare Advantage plans, also known as Medicare Part C, may. Some Medigap plans may also provide this benefit. To see if your current Medicare Advantage plan includes the SilverSneakers™ program, contact your health plan directly, or visit the SilverSneakers™ online health plan finder to check. [www.silversneakers.com](http://www.silversneakers.com)

# WAUKESHA COUNTY SENIOR DINING CENTERS

<b>Brookfield</b> <b>782-1636</b> — Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	<b>Butler</b> <b>783-5506</b> — Pam Hampton Regency Apartments 12999 West Hampton Avenue Monday thru Friday at 11:45	<b>Hartland</b> <b>367-5689</b> —Peggy Breezewood Village Apartments 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00
<b>Menomonee Falls</b> <b>251-3406</b> — Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	<b>Mukwonago</b> <b>363-4458</b> — Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	<b>Muskego</b> <b>414-422-0420</b> —Jack Stoney Creek Adult Community S69 W14142 Tess Corners Drive Monday, Wednesday, Friday at 11:45
<b>New Berlin</b> <b>784-7877</b> — Rhonda National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	<b>Oconomowoc</b> <b>567-5177</b> —Lisa Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00	<b>Sussex</b> <b>246-6747</b> —Nick Sussex Civic Campus N64 W23760 Main Street Monday thru Friday at 12:00
<b>Waukesha</b> <b>547-8282</b> — Lucille La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00	<b>Eligibility:</b> Persons 60 years and older For reservations, call the dining center manager between 9:30 am- 12:00 pm, one working day in advance, or the ADRC at (262) 548-7826. Transportation may be available by taxi or Rideline for \$1.00 each way. Some Meals Sites offer blood pressure checks free of charge and some have foot care available for a fee. Ask your meal site coordinator what is available.	

## Meet Rhonda Fink

New Berlin's Senior Dining Center has a new dining manager! Please welcome Rhonda Fink. Rhonda is no stranger to the senior dining program, as she has worked as a substitute dining manager for almost a year, traveling between Waukesha County's 11 dining centers. Food service comes naturally to Rhonda as she had her start working with a school lunch program. Rhonda has a great respect for seniors, and she felt working for the senior nutrition program would be a good fit for her. Rhonda has lived in Waukesha County for the past 14 years where she and her husband have raised 5 children, the two youngest being twin girls. In her free time, Rhonda enjoys spending time with her family and friends, especially hiking and biking. We welcome you, Rhonda.



Remember -  
our fallen heroes.  
They are the reason  
that we are free.

**The ADRC and Senior Dining Sites will be closed  
on Monday, May 29th**

# AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

## SENIOR DINING AND HOME DELIVERED MENU for May 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Grilled Bratwurst with Sauerkraut on Sausage Bun Ketchup / Mustard German Potato Salad Spinach Salad w/ Raspberry Vinaigrette Cinnamon Applesauce	Oven Roasted Chicken Baked Sweet Potato w/ butter Romaine Salad with French Dressing Croissant w/butter Fresh Fruit	Pork Cutlet w/ gravy Egg Noodles w/ gravy Creamed Spinach Pears Crusty Roll / Butter Chocolate Chip Cookie Alt. Diet cookie	Open-faced Hot Turkey Sandwich with gravy on Wheat Hashbrown Casserole Spinach Salad w/ dressing Apple Pie Alt: Fresh Apple	<b>Cinco de Mayo</b> Baked Potato topped w/ Taco Meat Lettuce, Tomato, Cheese, & Sour Cream Southwest Style Corn Cornbread w/ Butter Cinnamon Donut Alt. Sugar Free Cookie
8	9	10	11	12
Cranberry Meatballs Baked Beans Wax Beans 7-Grain Bread w/butter Ice Cream Sundae Cup Alt. Fresh Apple	<b>Butterscotch Brownie Day</b> Meat Lasagna Italian Bread / Butter Italian Blend Vegetable Pineapple Butterscotch Brownie Alt. Fresh Fruit	Shredded Pork with Gravy Mashed Potatoes Gravy WI Blend Vegetable Wheat Bread & Butter Fresh Orange Lemon Pudding	Chicken Caesar Salad w/ Croutons and Caesar dressing Potato Roll / Butter Kitchen's Choice Fruit Dessert Bar Alt. Fresh Fruit	Turkey a la King Over Biscuit Broccoli Peaches Raspberry Sherbet Alt. Sugar Free Pudding
15	16	17	18	19
<b>Mother's Day</b> Smoked Bone-In Pork Chop Baked Potato w/Butter French Bread w/ Butter Romaine Salad w/ Croutons, Parmesan Cheese & Ranch Frosted Lemon Cake	Sloppy Joe on Whole Wheat Bun 5-Way Mixed Veg Fresh Banana Cookie Alt: Sugar Free Cookie	Asian Chicken Salad w/ Asian Vinaigrette Muffin Watermelon Wedge Apple Pie Alt: Fresh Orange	Swiss Steak w/Tomatoes & Onions Mashed Potatoes w/ gravy Cream Style Corn Sourdough Bread butter Sliced Pears	Pork Cutlet w/ gravy Baby Red Potatoes Crinkle-Cut Carrots Rye Dinner Roll Strawberry Ice Cream Cup Fresh Strawberries
22	23	24	25	26
Baked Ham Scalloped Potatoes Asparagus Cuts & Tips Seven-Grain Bread w/ butter Chocolate Iced Brownie Alt: Banana	Teriyaki Chicken Fried Rice Oriental Vegetables Parker House Roll w/ butter Pineapple Tidbits Chinese Almond Cookie	Roast Beef w/Gravy Baked Potato w/ butter and sour cream Broccoli Salad Potato Roll w/ butter Raspberry Sherbet Alt: Fresh Apple	<b>Brown Bag It Day</b> Ham & Swiss on Rye Mustard, Mayo Potato Chips Marinated Vegetables Peach Cup Ginger Snap Cookie	Tuna Pasta Salad Tomato / Onion Salad Dinner Roll w/ butter Cantaloupe Melon Dessert Bar Alt: Diet Cookie
29	30	31		
 <b>memorial DAY</b> <b>NO MEALS SERVED</b>	<b>Summer Kick Off</b> Cheeseburger on Kaiser Roll w/ Lettuce, Tomato, Ketchup & Mustard Baked Beans Potato Salad Fresh Melon	Chicken Parmesan Penne Pasta w/Garlic Butter Sauce Sicilian Blend Vegetable Vienna Bread w/ butter Grapes	<b>PLEASE NOTE: 1% MILK INCLUDED</b> <b>ALT= LOW SUGAR ALTERNATIVE</b> <b>Menu subject to change without notice</b>	

Please note that the ADRC will not be open on May, 29 2017 in observance of Memorial Day

## **Cinco de Mayo (The 5<sup>th</sup> of May)**

### **Did you know?**

#### **1. Not a celebration of independence**

Cinco de Mayo is not a celebration of Mexico's Independence (which is actually September 16th), but rather a celebration of Mexico's victory in the battle at Puebla on May 5th, 1862 during the Franco-Mexican war. It was an unlikely win for the Mexican militia who were heavily outnumbered by the French. The victory became a source of pride for the country and is the reason we continue to celebrate today.

#### **2. Mexico won the battle, but not the war**

Although the Mexican Army won the battle at Puebla on May 5th, 1862 the French went on to win the war, occupying the region for five years.

#### **3. Napoleon III had multiple motives on May 5th**

For the leader of France, Napoleon III, the battle at Puebla was an attempt at not only spreading his empire but at conquering a key Mexican access point to the U.S., where he intended to lend support to the confederate army during the Civil War in an effort to keep the U.S. divided and consequently less powerful.

#### **4. Abraham Lincoln sympathized with the Mexican cause but...**

Abraham Lincoln sympathized with the Mexican cause during the French occupation but was unable to lend direct support to the nation due to the U.S. Civil War, which was taking place at the same time. When the Civil War finally ended, the U.S. forced France to withdraw its troops from Mexico and their empire collapsed.

#### **5. Not a federal holiday in Mexico**

Cinco de Mayo is not a federal holiday in Mexico and is a relatively minor holiday outside of Puebla, Veracruz and the United States. In Puebla and Veracruz, however, Cinco de Mayo is a very important state holiday celebrated with parades, festivals and reenactments.

#### **6. Roosevelt helped popularize Cinco de Mayo in the U.S.**

Cinco de Mayo became a popular holiday in the U.S. after President Franklin Roosevelt enacted the "Good Neighbor Policy" in 1933 to improve relations with Latin American countries.

#### **7. Lots of avocados**

According to the California Avocado Commission, Americans consume up to 81 million pounds of avocados on Cinco de Mayo every year. Holy guacamole!

#### **8. The world's largest Cinco de Mayo party is held in...**

Los Angeles, California! Other U.S. cities that throw big celebrations for Cinco de Mayo are Denver, New York, Phoenix and Houston.

#### **9. Some even celebrate with Chihuahua races**

One U.S. city celebrates Cinco de Mayo with a Chihuahua race. Can you guess which city? It's Chandler, Arizona. Even Vancouver celebrates, marking the day with a "skydiving boogie" that consists of aerial acrobatics and an air show.

#### **10. Americans like their tequila**

According to the Daily Meal, the United States consumes twice as much Tequila as Mexico, where the spirit originated.





# From the Desk of Your Benefit Specialist

## What is Durable Medical Equipment?

*By the GWAAR Legal Services Team*

Durable Medical Equipment (DME) is reusable medical equipment, such as blood sugar monitors, hospital beds, walkers, and wheelchairs that your doctor orders for you to use at home.

**Can I get DME?** Anyone with Medicare Part B can get DME if it is medically necessary. If you have a Medicare Advantage Plan, sometimes called a Part C plan, you should check with your plan to find out how to get DME.

**How do I get DME with Medicare Part B?** If you think you need DME, you should first speak with your doctor. If your doctor agrees that it is medically necessary, he or she will write a prescription for the Medicare-covered equipment you need. Your doctor might also have to provide additional information to show that the equipment is medically necessary.

Once you have a prescription, you should find a Medicare-enrolled supplier. If a supplier is not enrolled in Medicare, Medicare will not pay for the equipment. You can find a supplier online by going to [www.medicare.gov](http://www.medicare.gov) and clicking on "Where can I get covered medical items?" at the bottom of the page. Type in your zip code and click "Go." Then, choose the type of equipment you need from the categories listed and click "Search."

If possible, you should use a supplier that accepts Medicare assignment. This means that the supplier will accept the Medicare-approved amount as payment in full for your equipment. You will pay 20% of the Medicare-approved amount, and the Part B deductible applies. If a supplier does not accept Medicare assignment, that supplier may bill you for costs beyond the Medicare-approved amount.

The supplier will be able to help you with any paperwork or documentation requirements. Moreover, the supplier will be able to tell you if Medicare will allow you to buy or rent the equipment. In addition, if the supplier thinks that Medicare

will not pay for your equipment, you will get a written notice called an "Advance Beneficiary Notice of Non-coverage" (ABN). The ABN will list the equipment that Medicare is not expected to cover, an estimate of the cost of the equipment, and the reasons the supplier thinks Medicare will not pay. Finally, if the supplier requires you to submit the claim to Medicare yourself, beware. This is a red flag! Because enrolled suppliers are required to submit claims on behalf of people with Medicare, this may mean the supplier is not a Medicare-enrolled supplier and therefore Medicare will not pay anything for your equipment.

## Tips from Social Security to Prepare for Your Disability Interview

*By the GWAAR Legal Services Team*

If you applied for disability benefits and have an upcoming disability interview or will be submitting an online application, Social Security Administration (SSA) has great tips and tools to help you prepare. SSA's goal in providing this information is to help you better navigate through the application process and minimize your stress and confusion during a difficult period.

Below is key information that will help you complete your application and prepare for your interview:

- 1) When did your condition become disabling?
- 2) When was the last date you worked?
- 3) Who are your doctors, and when did you visit them?
- 4) What is your work history, including a list of employers?

Although this may not be all of the information required, knowing these answers is a great starting point. SSA even has a Disability Starter Kit that contains specific information about the documents and information that it will request from you. The kit also has more information about the disability programs. To view the starter, visit [https://www.ssa.gov/disability/disability\\_starter\\_kits.htm](https://www.ssa.gov/disability/disability_starter_kits.htm)

## Welcome to Medicare Class

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month either 1pm-3pm or 5:30pm -7:30pm. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will

also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is located at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the Aging and Disability Resource Center at 262-548-7848 or visit our website at <https://www.waukeshacounty.gov/WelcomeToMedicare/>.

**Turning 65?  
Need Medicare?**



## Thanks A Latte

The ADRC held its 35<sup>th</sup> annual volunteer recognition event on the first day of National Volunteer Recognition Week, April 23, 2017. President Nixon established National Volunteer Week with an executive order in 1974. Every sitting U.S. president since then has issued a proclamation during National Volunteer Week (as have many U.S. mayors and governors) including Governor Scott Walker.



This year's volunteer recognition theme centered on an imaginary cruise with a captain's dinner featuring international cuisine, a travelogue showing various ports of call and travel trivia. Entertainment was provided by the Civic Broadway Singers. Waukesha County Executive Paul Farrow and ADRC Manager Mary Smith welcomed and personally thanked the volunteers for their dedication and service to ADRC customers and the many senior programs they help to support. Each volunteer received a Milan tumbler printed with the ADRC logo saying "thanks a latte."

The ADRC uses volunteers in a variety of ways from meal service and delivery, office help, guardianship, benefit specialist assistance, friendly visitors, evidenced based program leaders and more. Last year, 794 ADRC volunteers recorded over 36,000 service hours. We truly would not be able to support all the services and programs we do without the help of these volunteers. Thanks a latte ADRC Volunteers!



## Coming Soon To An ADRC Near You

### Farmers' Market Voucher Distribution Begins June 1<sup>st</sup>

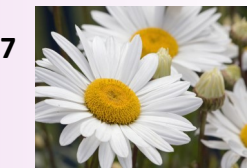
The Aging & Disability Resource Center (ADRC) will once again be distributing Senior Farmers' Market Nutrition Program Vouchers. Vouchers will be available at the ADRC Office, located in the Human Services Center at 514 Riverview Avenue in Waukesha, Monday-Friday from 8:00 am – 4:30 pm. Vouchers will also be offered periodically at various locations throughout the county. Distribution will begin on June 1<sup>st</sup>. Vouchers must be obtained in the county of residence, but can be spent at any farm stand or market in the state of Wisconsin that is authorized to accept these coupons.

Please call the ADRC at (262)548-7848 for additional information on distribution dates, times and locations after May 24<sup>th</sup>. We will have more information in the June ADRC Connection Newsletter.



# FLOWER POWER

Draw a line from the name of the flower to the correct picture.



**Lavender**

**Baby's Breath**

**Pansy**

**Daisy**

**Begonia**

**Marigold**

**Daffodil**

**Lilac**

**Apple Blossom**

**Peony**

**Freesia**

**Geranium**

**Pink Carnation**

**Orchid**

**Crocus**



MOM  
Happy Mother's Day

You'll find the answers to this puzzle in the Flower Power article



ADRC of Waukesha County  
Human Services Center  
514 Riverview Avenue  
Waukesha WI 53188

If you'd like to be added to or  
removed from this mailing, or would  
prefer to receive our Newsletter  
electronically, please call the ADRC at  
(262) 548-7848